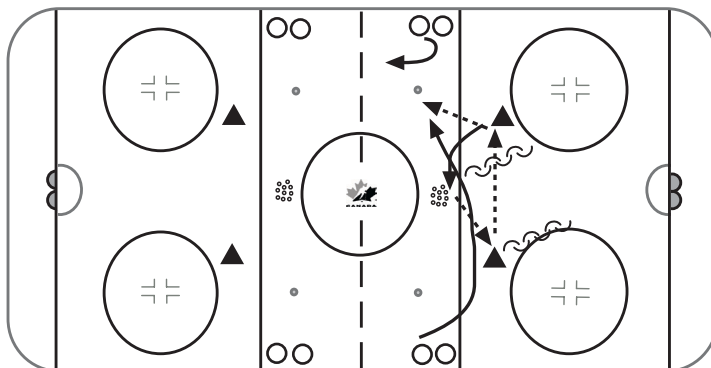


## 10 MIN

## D MAN MOBILITY WARMUP 2

- Go both ends at same time, Sequence is Pass Left, Pass Right, D Skate
- Players start on 4 corners of Blue lines
- All the pucks are in the center circle.
- D start inside blueline in centre of ice
- D picks up puck, backpeddles, F from left side skates down, curls to middle, get pass from D, D then touches up to blue line, skates forward, get another puck, backpeddles to blue line and hits F from the right side with pass, touches up to blueline, picks up third puck and goes in for shot on net.
- Progression from D Man Mobility 1 - Split the D side to side, so they alternate retrieving puck and make a D to D pass



## 15 MIN

## SKILLS STATIONS

**1. SHOOTING / SCORING - D SHOOTING**

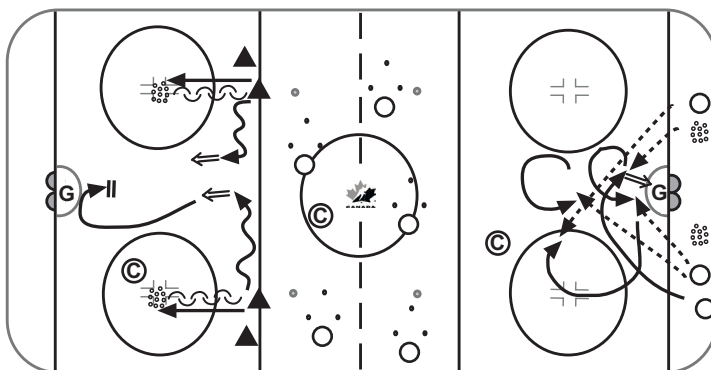
- Place pucks on dots inside circles. D at blue line.
- On whistle D skate fwd to retrieve puck, skate bwds to blueline, then sprint or drag puck to middle for shot on net. After shot, follow to net for rebound and tip or deflect next shot.

**2. PUCK CONTROL - 3 PUCK STICKHANDLE**

- Place 3 pucks in a triangle, and keeping feet stationary, work on quick hands.
- Can progress to skating while stickhandling around the 3 pucks

**3. SHOOTING / SCORING - 4 SHOT SHOOTING**

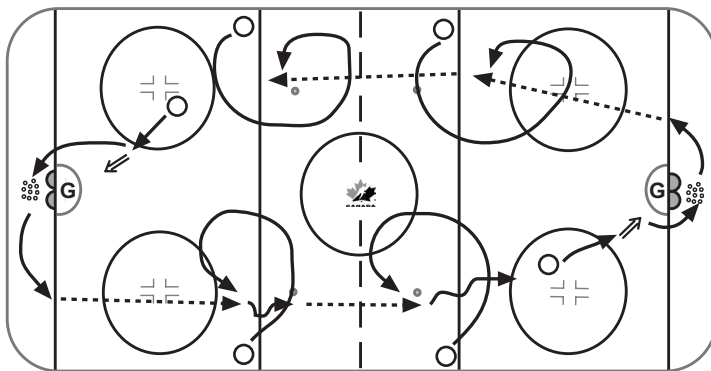
- Place 2 passers on either side of the net. Shooter skates from corner and receives total of 4 passes, 2 from each side alternating. After each shot, shooter must transition and skate away from net to get in position for next pass. Always face the passers.



## 5 MIN

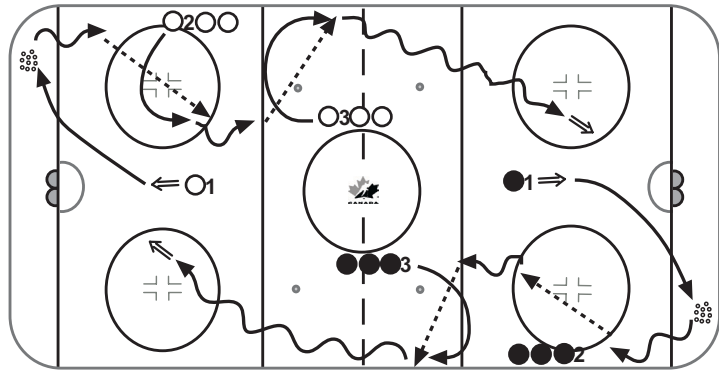
## CONTINUOUS TIMING

- Start on boards at 4 blue lines.
- On whistle, first person from opposite ends starts by shooting on net.
- After shot, retrieve puck from behind net, next person on opposite blue line has to time the skate to get a pass in full stride, next person at the next blue line on the same side has to do the same.
- Can always circle towards the boards, or always circle towards middle



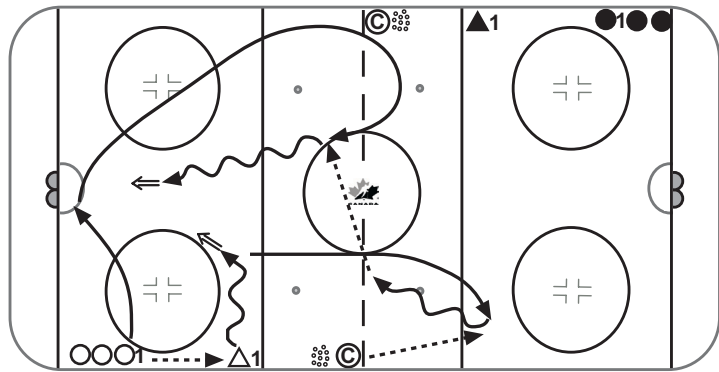
**10 MIN LADDER/SWING DRILL**

- 1 shooter at each blue line ready to go in and shoot on net.
- ○1 at hash mark at opposite ends.
- ○2 at bottom of center ice circle on both sides.
- Shooter goes in and shoots on net then goes to corner to pick up puck.
- ○1 times his skate and curls to mid ice for a pass from the shooter.
- ○2 is also timing his skate and is coming down to top of circle and curling towards the boards for a pass from ○1.
- Both ends at the same time.



**10 MIN PENETRATING PASS**

- On coaches whistle ○1 passes to D1 who slides along blue line and shoots on goal.
- ○1 goes to net for a screen or tip.
- ○1 then skates out side zone, while D backpeddles, opens up and receives pass from coach as he skates forward, and hits ○1 with pass up the middle.
- Run out of both ends at the same time



**10 MIN 2 ON 1 REGROUP**

- Fwds in Corner D at bottom of circle, and D outside blueline.
- D outside blue line starts play by moving to middle of ice for shot on net. 2 fwds from corner go to net, with defensive D trying to block them out and clear any loose puck from point shot.
- After shot, offensive D retreats to pick up puck spotted by coach. 2 net front forwards, clear zone to receive pass and then attack 2 on 1 against net front D
- Both ends at same time

